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Pressure Proof Your Riding: Mental Training Techniques by ...

Persistence and preparation are two keys to becoming pressure-proof. Hanging on to preconceived notions: Negative thoughts and beliefs can hold you back from riding your best. "I've never ridden well in this arena, so I know I won't ride well here today, either," or, "My warm-up was horrible, so I know I won't ride well in my class," are two examples of a preconceived notion.

Pressure Proof Your Riding - Horse&Rider

Pressure Proof Your Riding: Mental Training Techniques to Gain Confidence and Get Motivated So You (and Your Horse) Achieve Peak Performance Daniel Stewart. 5.0 out of 5 stars 4. Paperback. \$39.09. Run to the Roar: Coaching to Overcome Fear Paul Assaiante. 4.2 out of 5 stars 22.

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Coach Stewart is the proud author of Ride Right, Pressure Proof Your Riding, and Fit and Focused in 52. You may buy autographed copies, put a deposit on a clinic/camp, or sign-up for private phone consultations here. Everything will be okay in the end. If it's not okay... then it's not the end.

Pressure Proof Academy

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These three mental strategies will help you when a ride doesn't go quite according to plan. From Pressure Proof Your Riding by Daniel Stewart. 1.Motivating Mottos Another way to create positive thoughts is to repeat positive phrases, and one sure way to repeat positive phrases is to repeat a positive motto. There are no rules when it comes to creating motivating mottos: They can be short sentences, song lyrics, catch phrases, or any other form of word play.

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10+ Pressure Proof Your Riding Mental Training Techniques

Aug 28, 2020 pressure proof your riding mental training techniques Posted By Judith KrantzMedia Publishing TEXT ID 3533e143 Online PDF Ebook Epub Library Learn This Mental Training For Climbers Climbing Magazine your body might be strong and willing but if you dont have an equally strong and willing mind your body has nothing to guide it the good news is that you can train your brain just like ...

pressure proof your riding mental training techniques

Sport psychology expert and international riding coach Daniel Stewart has spent a lifetime training equestrian athletes to Pressure Proof their riding. In this book, he shares dozens of specific tools and tricks that can be used to manage the stress, nerves, distraction, and panic that so often hinder performance.

An integral part of competing in equestrian sports is having to face the performance anxiety that presents itself at competitions. In this work, author Daniel Stewart explains that the pressure, stress, nerves, distraction, and anxiety come hand in hand with doing what we love to do. It also reminds us that competing in equestrian events is a real sport, and riders are forced to deal with the competitive nature of showing. Stewart explains that, while riders love to do what they do, this love is sometimes lost in the panic of showing and performing. Stewart then walks the rider through specific tools and tricks to manage and overcome the stress, fear, and anxiety, and shows how to embrace and enjoy every minute of performing with your equine partner. From 'Plan the Ride, and Ride the Plan', to overall mental training, this must-have book is a fantastic tool for any competitor to overcome their show jitters and do their best at every competition, while feeling confident and happy throughout the experience.

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Coach Daniel Stewart has made a name for himself over the past 25 years, enthusiastically training riders of all levels throughout the world, as well as coaching top athletes on several US Equestrian Teams at World Championships, World Equestrian Games, and the Olympics. He's widely considered one of the world's leading experts on equestrian sport psychology, athletics, and performance, providing tips and quips at hundreds of clinics a year, in his bestselling books, and online through his Pressure Proof Academy. Now Coach Stewart is combining his popular rider mental conditioning techniques with ideas for physical conditioning, as well. In Fit and Focused in 52 for Riders, readers get quick-hit recommendations for one exercise for the body, and one for the mind, for every week of the year. The end goal is attaining full-on fitness that ensures improved performance on horseback, whatever your age, ability, or discipline. With 52 weeks of creative cross-training, and loads of ideas for customizing workouts to fit personal goals and lifestyle schedules, riders are sure to find themselves positive, pumped up, and ready to go, from head to toe.

"Rein in Your Brain" offers a self-help approach to acquiring the mental and emotional control that can make any equestrian from any discipline, whether they ride or drive competitively or recreationally, more effective in reaching his or her goals and dreams. Dr. Janeane Reagan's user-friendly presentation of how the human brain (and sometimes the horse brain) works gives the reader an understanding of what it takes to make changes that impact performance and enjoyment. Through this understanding, riders and drivers gain essential tools for improving their mental toughness, focus, emotional regulation, communication, stress management and, when needed, recovery from setbacks and from physical or emotional trauma. Each chapter helps the reader make these tools his or her own.

Most riders concentrate endless hours on their horses: warming them up; improving their strength and stamina with gymnastic exercises; cultivating specialized diets to keep them in peak condition; and ensuring that through proper turn-out, time off, and companionship, they remain psychologically content. What is often forgotten is that the horse is half of an athletic partnership. The rider's own physical and mental fitness affects the end performance of the team, and warming up, conditioning, diet, and psychological stability apply to them as well. This highly illustrated book helps equestrians improve their own bodies and minds on the ground, so they can better perform on a horse.

Exciting ideas for achieving riding and training goals from the master of mental training for the equestrian athlete. Coach Daniel Stewart, author of the hit mind-and-body equestrian workout Fit and Focused in 52, is back with new plans to power you up, bolster your confidence, and supply you with the mental tools you need to be all you can be, in and out of the saddle. With Coach Stewart's infectious optimism and indomitable sense of fun, readers will find themselves embracing exhilarating changes in their outlook and their abilities. The evolution from "good enough" to "better" begins with: Understanding the attributes that create success. Comprehending the four stages of competence. Improving mindfulness of actions and reactions. Identifying good stress and bad stress-and handling both. Eliminating pressure as a threat. Managing nervousness, hesitation, and doubt. Overcoming failure and perfectionism. Removing limiting beliefs. Moving beyond expectations and comparisons to others. Becoming a good "mirror" for ourselves and others. Beating blind spot biases-beliefs you're not aware of that harm you. Mastering memories and how the brain processes information. Infusing his words with energy and compassion, Coach Stewart offers everyone a chance of attaining self-fulfillment and joy when working with and riding horses. His concepts are friendly, fun, and easy to implement, making his book chock full of potential-just like you. Bolder, Braver, Brighter is for every rider seeking improved performance in the saddle and partnership with the horse.

Become the confident, composed, and effective rider you've always wanted to be! Mental skills coach Tonya Johnston, MA, has helped thousands of equestrian athletes achieve success at every level, from recreational riders to award-winning international competitors. In "Inside Your Ride," she provides specific methods and clear, easy-to-follow directions to help you mentally prepare for your next ride or competition, no matter your discipline and skill level. This book will show you how to: Become energized and overcome riding challenges Highlight progress and success within your goal setting Conquer anxiety and develop a positive attitude Stay in the moment during your ride Fine-tune your visualization skills Build a consistent preparation routine Communicate well with trainers, partners, parents, or fellow boarders "Inside Your Ride" is also filled with inspiring quotes, stories, and insights from Olympic and world-class riders and trainers, including Margie Engle, John French, Guenter Seidel, Anne Kursinski, McLain Ward, Gina Miles, and Missy Clark, who share their personal mental preparation strategies. "

Jo holds a M.A. in Education with an emphasis in Equestrian Studies (1986) and a B.S. in Equestrian Studies with a minor in Education (1986- graduating magna cum laude). Both of her academic degrees are from Salem International University, West Virginia. She also holds a Riding Master Diploma, 1975 from Meredith Manor School of Horsemanship where she was named to the Who's Who List for Outstanding Students in American Vocational and Technical Schools, 1975. As an administrator, Jo was formerly Dean of Meredith Manor School of Horsemanship, 1980-1985. She has a strong professional background in teacher education, program administration and curriculum development. While teaching at this internationally known school for 10 years, she focused on the development of the jumping and teaching departments. As former Vice-President for the United States Combined Training Association, Jo served on the executive committee from 1987-1989 and the board of governors from 1984-1989. During her tenure, she developed the AHSA-USCTA Combined Training Officials seminars as well as carried out the educational seminars for the general membership including beginning the USCTA Event Colleges. In 1988 she received the USCTA's Governor's Cup Award for outstanding contributions to the sport of Eventing. As an educator, Jo has provided equestrian education to riders and instructors, nationally, since 1975. From 1989 through 2002 she provided an on-going education program for horseback riding instructors focusing on improving their teaching effectiveness. She has also developed a working student program for Shenandoah Farm of Staunton, Virginia on training and breeding, and advised Wetherbee Farm of Boxboro Massachusetts on developing their Fitness by Riding Program. As a rider, competitor and athlete, Jo has trained and competed through the Advanced Level in Eventing and the Prix St. Georges Level in Dressage. She earned her USDF Bronze and Silver Medal Rider Awards during the late 1970's. She has also been long listed during the 1980's for The Eventing Olympic Team.

The road to love has never been a smooth one. From Adam and Eve's problem with produce, to Samson and Delilah's unplanned makeover couples have struggled to find and keep a healthy relationship. Most will agree that the secret to a happy healthy relationship is honest communication and common interest, mixed with a sense of humor and a liberal dash of understanding. But what do you do when things are already on a rocky path? How to you preserve your relationship? Or even rekindle the dying flames of love? This book will teach you the tools you need to have a happy healthy committed relationship that will let you get the most out of life. Rekindle your love will not only teach you the secrets to reclaiming lost love but it will help you to keep the relationship you have healthy and moving in a positive direction. This book will help you to achieve the kind of romance you have been dreaming of!

Did you know there is an area of your brain known as the "Lizard Brain" that thinks only about the immediate moment and your means of survival? Yes, in certain circumstances, your "Rational Brain" can effectively "shut down" and you are at the mercy of a reptile ... dry-mouthed, sweating, queasy, unable to think clearly-even though you know better. When does the Lizard Brain run the show? It can happen in any number of unfamiliar, uncomfortable, challenging, or "stressful" riding situations. But here's the thing: with the right kind of training, you can learn to manage the reptile within, which leads to greater confidence with horses, better riding performance, and ultimately, happiness at the barn, at shows, and everywhere in between. Andrea Monsarrat Waldo teaches you how to: handle uncomfortable emotions, such as fear, anger, anxiety, and embarrassment; hone your mental game and focus your riding time to get the most out of your hours in the saddle; care for your emotional injuries the same way you would care for an injured horse; and produce a state of "Focused Calm" and tap into the skills you have (whether you know it or not!) to ensure an outstanding ride.